



Who Cannot Exercise in Pregnancy

Women with:

- ✓ Premature rupture of membranes
- ✓ Premature labor in the current pregnancy
- ✓ Multiple babies put you at risk for premature labor
- ✓ A weak cervix
- ✓ Persistent vaginal bleeding
- ✓ Placenta previa during the last 3 months
- ✓ Severe heart or lung disease



- Don't exercise to the point that you lose weight
- Warm up and cool down slowly
- Do your stretches
- Keep your heart rate so you can talk
- Avoid high impact sports
- Avoid sports where you might fall
- No scuba diving
- Don't ignore warning signs
- Don't get exhausted



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Main Points to Remember About Pregnancy and Exercise

Utah WIC Program





Benefits of Exercise During Pregnancy

- Gives you energy
- Improves your mood
- Improves your posture
- Helps you sleep better

- Promotes:

Muscle tone

Strength

Endurance

- Helps reduce:

Backaches

Constipation

Bloating

Swelling

Signs That You Should Stop Exercising & Call Your Midwife or Doctor



Contractions

Decreased baby movement

Feeling faint or irregular
heartbeat

Chest pain or irregular heartbeat

Increasing shortness of breath

Headache

Calf swelling or pain

Signs That You Should

STOP RIGHT NOW

and

Go To The Hospital

- Vaginal
Bleeding
- Fluid Leaking
From Your
Vagina

